

## Nutrition News: Enjoying Family Meals

Family meals are important for many reasons. They can bring your family closer together, teach children healthy eating habits and improve the diet quality of the whole family. Research shows that families that eat together consume more fruit, vegetables and fiber and less saturated fat, soda and fried foods.

Remember, you are a role model for your children, be sure to set a good example!

**Try these easy tips to make family meals a pleasant part your family's day.**

- **Set a regular family mealtime and make it a priority in your day.**  
Show your children that family meals are an important family time by turning off the TV and not answering the phone during meals.
- **Eat around a table.** It is easier to engage in conversation when you can see each other.
- **Enjoy conversation.** Include all members of the family in the conversation and try to avoid nagging and complaining.
- **Actively involve children in the meal.** Helping with family meals makes children feel important. Ask your children to help set and clear the table, fold napkins, help with meal preparation, or plan menus.

